Moving Objects with Your Mind

The Power of Psychokinesis

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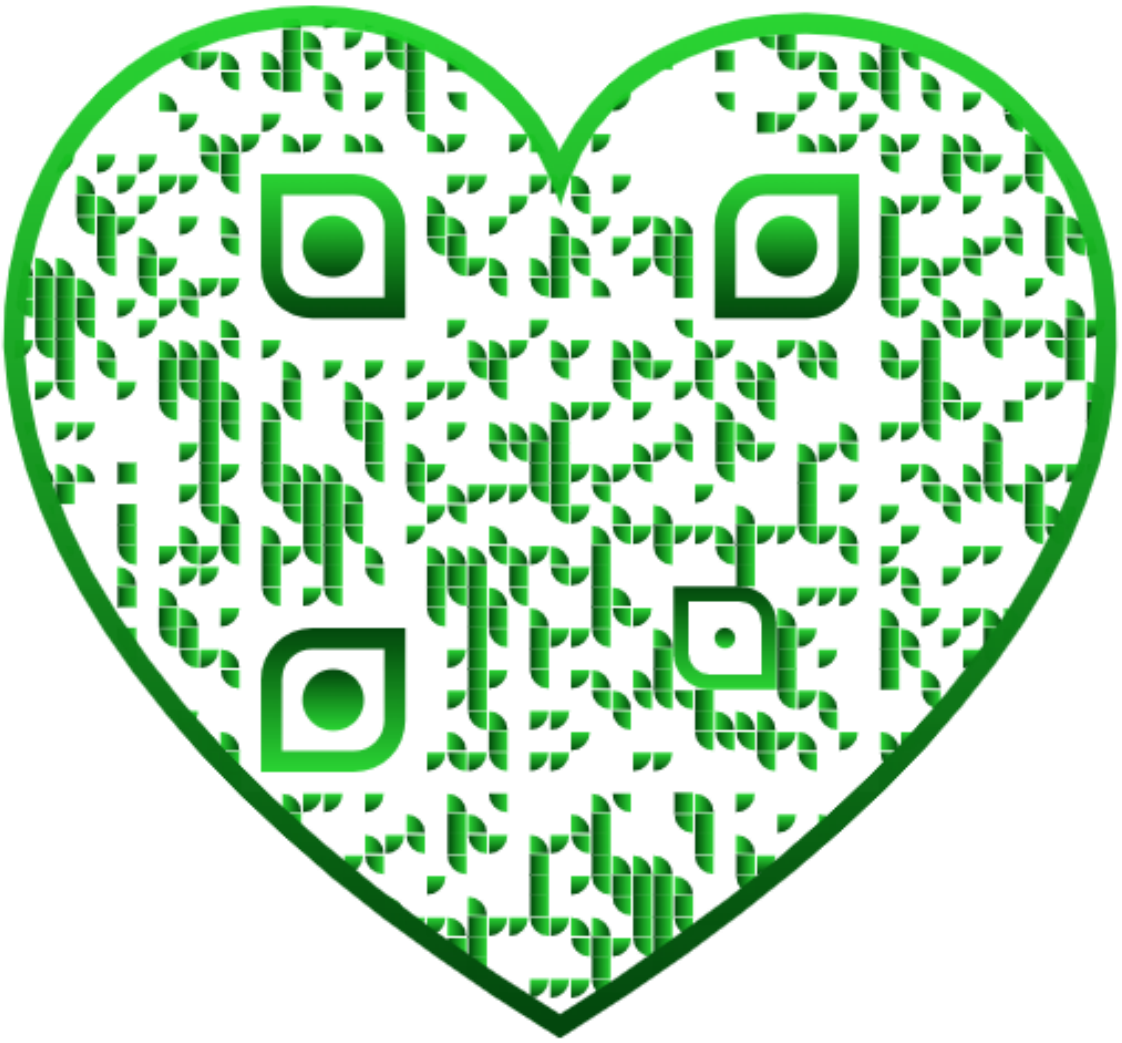

MOVING OBJECTS WITH YOUR MIND

By Joe H. Slate & Carl Llewellyn Weschcke

Can a person really move objects with their mind alone?

PK (Psychokinesis) Questions

Think about it! In the long, *known*, history of humanity, many seeming absurd questions of earlier times have been—eventually—answered in the positive.

Can a man fly? Can one man kill another from a considerable distance away? Can one man, single-handedly, murder tens of thousands of people? Can one person communicate with another over vast distances? Can a single person move several thousands of pounds from one place to another, and then lift that weight many feet off the ground? Will we ever visit the Moon?

The positive answers to these questions have mostly, but not entirely, come about as we've learned the laws of *physical* sciences and built mechanical extensions of personal power to construct airplanes, rifles, long-range missiles, the telephone, fork-lift trucks, and space ships.

But, let's ask one of those questions again—*Can one person communicate with another over vast distances?* Long before the telephone, we have recorded instances of communication by *mental telepathy.* And, another

question: *Can a man fly?* Indeed, there are many eye witness reports of *levitation* of the physical body. Others have experienced *Out-of-Body Travel* during which the mind has projected a *nonphysical* "body" to visit a chosen destination.

Let's ask another question: *Can a man break a brick in half with one hand?* A trained Martial Arts person can—but that person will explain that more than physical energy is involved. There is a projection of supra-physical force —mostly referred to as *Chi*—that augments the physical action and physical force. In other words, it is the same basic principle of *extending personal power* involved with the mechanical inventions mentioned previously, but it is instead extending an internal nonphysical force rather than an external mechanical physical one.

In either situation, it is MIND that has enabled the phenomenon.

Question: *Can a person really move objects with their mind alone?* Answer: Yes, but not mind alone in the examples described so far. Mind is the *enabler,* but not the doer in these examples. We need to explore further. In *The Llewellyn Complete Book of Psychic Empowerment* (J. H. Slate, and C. L. Weschcke, Llewellyn, 2011), Dr. Slate writes:

"Nothing more convincingly demonstrates the far-reaching power of the mind than psychokinesis (PK)."

Psychokinesis, also known as telekinesis, is typically defined as the ability to

mentally influence objects or conditions in the absence of intervening physical energy or intermediary instrumentation.

PK: MOVING PHYSICAL OBJECTS AND CHANGING PHYSICAL CONDITIONS

Within this broad definition is the assumed capacity of the mind to generate specific energies and then to direct them to specific targets to influence external situations, and internal conditions as well. Essentially, *PK is the ability to move or influence physical objects and systems (including those of the physical body) without direct physical intervention.*

Although PK is typically considered a singular mental, or psychic, phenomenon, a broader *psychic empowerment* perspective provides a holistic view reaching beyond out-dated conventional explanations. Focusing on the relevance of *thinking*, *feeling*, and *perceiving*, the holistic view of PK embraces our capacity as physical/supra-physical energized beings to engage in *empowering interactions* with other dimensions of reality as sources of energy and power as well as unlimited knowledge.

The holistic view recognizes the contributions of quantum theory to include concepts related to the teleporting of tangible objects and the transmitting of matter to distant destinations (*The Futurist,* September-October 2008). The teleportation of materials and matter to distant destinations is a reasonable

reality awaiting our discovery and understanding, and systematic unfoldment.

Within our definition of psychokinesis is the assumed capacity of PK to influence not only external conditions but also internal physiology—including the physical body's critical systems and organ functions.

PK and Physiological Interventions

The capacity of PK to intervene physiologically has been dramatically illustrated in the biofeedback setting where *increased awareness* of biological processes has led to the demonstrable ability to mentally control them, including blood pressure, muscular tension, migraine and tension headaches, heart rate, and brainwave patterns. Given these powers of the mind over the body, PK interventions that promote wellness and healing become an attainable reality.

A relatively familiar example of healing or intervention to prevent actual injury is often demonstrated in Yoga classes involving the insertion of long needles into cheeks, arms, legs, etc., without causing pain or bleeding. Beyond the classroom, the same basic technique is used to prevent or reduce injury from minor cuts and burns, or the pain of dental work.

The Mind is <u>Outside</u> the Body

And, *what is that technique?* Put your consciousness somewhere else. Divert your attention from the location. In the case of those long needles, the

insertion is preceded—just a split second—by the yogi shouting a single-word mantra.

In the case of the dentist's chair, focus your attention elsewhere—either on nothing with a conscious intention not to react, or on a picture or the upper corner of a room (where two walls meet the ceiling)—and request the dentist not to talk!

Don't React!

In the case of self-healing, you immediately focus on the site and consciously draw the pain away, pull it out—*do not react to it!*—and feel it dissipate. The greatest problem will come from the people around you if there are any present who will interfere with your procedure with words of sympathy or advice. In a family situation, train family members not to interfere!

All is consciousness. Everything is consciousness *focused* at different levels of vibration that bring about its manifestation in particular form and energy. Change the focus, and you can affect the form—even though it is formed in the Universal Consciousness and reinforced by many observers. Your personal focus must be accompanied by intention to move the object or draw the pain away.

With experience, your ability becomes greater and can be particularized to accomplish greater feats of healing, self-improvement, and environmental change.

PK IN REJUVENATION: SLOWING, AND EVEN REVERSING, THE AGING PROCESS

In addition—and perhaps even more exciting—further scientific studies at Athens State University offer convincing evidence of the capacity of PK to slow the aging process, and in some instances to literally reverse the effects of aging (J. Slate, 2001). Such capacity to fundamentally alter the aging process—actual *rejuvenation*—verges on the possibility of a vast extension of individual life times and the accompanying social benefits of cumulative wisdom and the substitution of long-term objectives in business investment and governmental policy for the present, often destructive, short-term goals of immediate profit and political grandstanding.

PK IN ACCIDENT AVOIDANCE

Not unlike other paranormal phenomena, PK can be either spontaneous or deliberately induced. You may have, for instance, dropped a valuable vase or other object and found yourself spontaneously reacting by catching your breath and assuming a tense physical state to mentally slow the fall and prevent damage to the object. Almost incredibly, in some instances it worked: The fragile object perhaps safely bouncing instead of shattering.

Similarly, in emergency situations, such as a near-accident involving an

automobile skidding on winter ice, you may have instinctively attempted to mentally bring the situation under control, perhaps catching your breath and tensing your muscles rather than passively awaiting a collision. And, many times you do miraculously stop just short of a crash. As a passenger, you may have even pressed the floorboard as your own brake substitute.

Unfortunately, because of our dominant materialistic thinking, we generally pass these occurrences off as just a lucky break. It's unfortunate because recognition of the paranormal element would provide both a learning experience and a reinforcement of your growing psychic empowerment.

From a non-psychic perspective, these reactions could be seen as merely normal mental and physical responses to perceived loss and danger, but psychically they reflect our innate tendency to intervene mentally into the physical world to manage situations and bring forth desired outcomes.

PK IN COMPETITIVE SPORTS

The influences of mind over matter and motion are especially evident in competitive sports where the highly energized and positive mental state of players along with the spectators' strong desires and expectations of success appear to join together to influence outcomes.

The "Interactive PK Effect"

In team sports, the collective energies of the team can generate a positive

force that increases the members' physical capacities and sharpens their skills. Complementing that effect is the influence of supportive spectators whose energies can tilt the balance and determine which team wins. While some call this phenomenon the "audience effect," it is more accurately identified as the "interactive PK effect" in which the "pull" (or "push") of the audience generates a powerful PK interaction that demonstrably increases the team's performance powers. Not surprising, the larger the support group and the more focused its supportive energies—as in home games—the greater the psychokinetic empowering effects.

These same factors assert a powerful influence in any performance situation. Similarly, in highly skilled activities such as a musician's solo performance, ballet, karate, gymnastics and figure skating, the mental state of the performer combined with the interactive PK effect of audience enthusiasm can dramatically increase the quality and success of the performance.

PK IN THE LABORATORY

The psychic empowerment potential existing in everyone seems, at times, to have a mind of its own. We've yet to fully understand the nature of this remarkable phenomenon, or to uncover its limits, but we know it exists. In the laboratory setting, it seeks validation of not only its existence, but its

relevance as well. Outside the lab setting, it seeks a host of practical applications.

PK's potentials are well demonstrated in more effective problem solving, better quality of life, greater success in achieving your personal goals, and of course, better health and fitness are all suggested by the capacity of mind to influence objects, conditions, and events.

The Jar and the Pendulum

That capacity has been repeatedly demonstrated in experiments at Athens State University designed to initiate motion in stationary objects. Among these studies was an experiment in which a group of ten volunteers were instructed to induce movement in a pendulum suspended under a bell jar. With the bell jar and its suspended glass pendulum situated on a table before the group, the group was instructed simply to gaze at the pendulum in an effort to bring it into motion. Within moments, the pendulum began a slow turning movement followed by a swinging motion that increased until the pendulum struck the sides of the bell jar. The students were then instructed to bring the pendulum to rest and, again within moments, the pendulum returned to its slow turning movement and then to a complete stop.

Similar results were obtained with a second group of ten students with five seated at opposite sides of the bell jar. Using the so-called "push-pull technique" with a metronome pacing their efforts, one group pushed against

the pendulum as the other group pulled the pendulum toward them. Again, within minutes, the pendulum began a slow swinging movement whereupon the metronome was promptly stopped. Through their continued pushing against the pendulum as it moved away from them and pulling at pendulum as it moved toward them, the group increased the pendulum's swinging motion until it struck the sides of the bell jar. The groups were then instructed to reverse their efforts by pushing against the pendulum as it moved toward them and pulling the pendulum toward them is it moved away. Within moments, the pendulum came into complete rest.

PK IN THE CLASSROOM

In another experiment conducted as a learning exercise in a classroom setting in which there was no breeze or airflow, a group of 43 students was given the task of bringing into motion a sheet of paper crumpled into a spherical mass. With the crumpled mass situated at the center of a desk located in front of the class, the students were instructed to use their PK powers to move the mass across the desk. They were then given two-minute practice exercises with a one-minute rest period between them. On the third exercise, the crumpled mass began to move slowly toward the edge of the desk until it fell upon the floor.

In a similar classroom exercise, a group of college students enrolled in

Experimental Psychology was given the task using their PK powers to move a crumpled sheet of paper across a front desk and having it fall from the desk into a tray of water situated on the floor at the edge of the desk. They were further instructed to think of the crumpled mass as representing a mountain and the tray of water as representing the sea. Having previously demonstrated their PK skills in other practice exercises, the class successfully generated first a turning motion in the crumpled mass and then movement of the mass across the desk until it reached the edge and fell into the tray of water. The class was then complimented by the instructor for, in his words, “successfully casting a mountain into the sea.”

In another classroom PK exercise, a group of 40 parapsychology students attempted to induce ringing in a silver bell suspended at eye level by a cord from the ceiling at the center of the room. The 40 students positioned in a circle around the suspended bell were instructed to focus on the bell and use their PK powers to first induce motion and then ringing. Within minutes the bell began a slow turning and then swinging motion which rapidly accelerated until the bell began to ring. They then used their PK powers to slow the turning and swinging motion until the bell came to a complete rest. With the exercise ended, the professor remarked, “We know that a bell can metaphorically ring in the mind as a flash of insight, but you have proved that the mind can literally ring the bell.” To the professor’s surprise, the group

then stood and gave the bell an enthusiastic ovation!

Reality PK

PK outside the lab is a goal-oriented phenomenon with a wide range of practical applications. It can provide personal enrichment, and in some instances, protection in times of danger. A teacher, for instance, used her PK powers to slow her fall down a flight of stairs. Upon losing her step at the top of the stairs, she caught her breath and thought, “Slow motion.” She recalled, “I felt myself flowing with the fall until I firmly said, *Stop*.”

She sustained only minor injuries in an accident that could otherwise have had serious consequences.

In a similar instance, an engineer who had just purchased a car experienced a PK event that may have saved his life. While attempting to negotiate a sharp curve on an unfamiliar road, he lost control of the car as it began skidding toward a railing. With his foot on the brakes, the car continued to speed toward the railing until he commanded it to STOP!

It stopped immediately, as if in direct response to his command.

In yet another instance, a student with a history of migraine headaches discovered, while enrolled in a biofeedback class, that he could control the headaches by physically relaxing his body and deliberately altering the temperature of his fingers.

Basic to biofeedback training is the concept of mind over body, or the

capacity of mental processes to alter physiological functions in order to achieve a stated goal, yet another example of the empowering possibilities of PK.

The Deliberate Induction of PK

When we consider the many manifestations of PK, whether spontaneous or deliberately induced, the empowering potential of this interactive phenomenon becomes increasing evident. When the dots are finally connected, PK could be considered an on-going mental phenomenon, constantly influencing both internal and external physical realities. Even though the complexities of PK are far from fully understood, the following four progressive stages tend to characterize the induced PK event that targets a specific goal:

Stages of Induced PK:

1. **Alert Stage.** At this stage, the inner PK potential enters a state of mental alertness and empowerment readiness. The following three essential conditions are effective in alerting the PK potential and placing it in a readiness mode:

   (1) formulating clear objectives;

   (2) envisioning desired results; and

   (3) generating positive expectations of success.

A positive mental state invariably increases PK readiness, whereas doubt dilutes the PK potential.

2. Centering Stage. This is a critical stage at which PK energies are generated, typically through concentration, and then mentally assembled into an appropriate image, such as a ray of bright energy or an orb with an enveloping glow.

3. Focusing Stage. At this stage, the mind is cleared of distractions as the centered energies are mentally aimed at the target. For distant, unseen targets, the eyes are typically closed to form a clear mental image of the target.

4. Releasing Stage. In this stage, the focused energies are mentally released. Strong affirmations of success are crucial at this stage. For either seen or unseen targets, images of desired effects are generated as brief affirmations are presented. Direct, one-word statements such as *move*, *heal*, *repair*, *correct*, *make whole*, and even *levitate* when combined with relevant imagery are effective, especially when presented verbally.

The sound of your own voice almost always increases the effectiveness of empowering affirmations.

5. Letting Go. Crucial to the Releasing Stage is to actually let go of the directed energies—just as the archer must release the bow string's tautness

to let the arrow fly to the intended target. Separate your one-word statement of *intention* from the act itself. This may seem redundant but mentally letting go is just as important as the act itself. Many successful practitioners turn their thoughts completely away by shouting, laughing, physically getting up from a seated or lying position, going for a run, etc.

Practice Makes Power

As with other psychic empowerment programs, practice is essential to the development of your PK potentials. Practice that exercises your PK powers can energize each of the progressive stages of PK as previously discussed. Beyond that, it can build your self-confidence and increase your expectations of success, both of which are critical to the development of your psychic skills.

PK Bombardment Drill

Among the simplest practice exercises is the PK Bombardment Drill. Developed in our labs, the simple drill is a coin-flipping exercise designed to influence the fall of a coin in an effort to determine which side is turned up when the coin comes to rest. Here's the exercise.

The Coin Toss

Step 1. While holding the selected coin prior to each toss, clear your

mind, and with your eyes closed, visualize the designated outcome (heads or tails). Stroke the coin as you continue to visualize the designated outcome. Affirm:

I will influence the fall of this coin.

Step 2. Toss the coin and assume firm control by focusing you attention upon it. Bombard the coin with clear imagery and verbal commands of the selected outcome. Call out, or even shout, the designated outcome of

HEADS *(or* ***TAILS****)*

Step 3. Continue bombarding the coin until it comes to rest.

Step 4. Repeat the drill and keep a record of your progress.

Journaling is one of the most positive "solidifying" techniques in any growth program.

The PK Bombardment Drill can be easily adapted to other PK practice exercises, including the tossing of dice and bringing a pendulum into motion. It can even be adapted to the roll of the marble in a roulette wheel—but *don't try to exercise PK in a real gambling situation.* There are too many variables and there is not only the built-in odds favoring "the house," but a cumulative energy prejudicial to your success.

The PK Bombardment Drill is also readily adaptable to the group setting.

The Nature of Group Power

Group PK is based on the premise that the combined PK faculties of a group can be organized to produce a synergistic PK effect in which the PK power of the whole group is greater than the sum of its individual parts. *Critical to group PK are a positive and cooperative group interaction, consensus of purpose within the group, and a fusion of the group's psychic energies,* all of which can be facilitated by group participation in goal setting and practice in a variety of preliminary visualization exercises prior to the PK activity.

Nevertheless, the group effort can quickly weaken due to individual boredom, resentment of leadership, questioning of who is really contributing the most power, questioning of how group power could be better employed, and so on. These problems can be countered by group discussion, planning, and agreement followed by some form of a "ritual" as simple as a chosen leader verbally stating the intention of the effort followed by the verbal acknowledgment by all the members with a simple "Aye."

And, the group can be extended through the Internet with the same agreement of purpose and the date and time of the effort, although there is some debate that actual timing is irrelevant in the higher dimensions where the psychic effort takes effect.

PK AND WELLNESS

Repeated observations of PK in both the laboratory setting and real-life situations suggest a phenomenon with near-unlimited empowerment possibilities. Given the capacity of PK to mentally influence external processes and conditions, it requires no quantum leap to assume the potential of PK to influence complex inner processes and conditions, including those related to our mental and physical health and well-being.

The capacity of mental factors to influence the physical body as indicated earlier in our discussion of biofeedback suggests profound empowering possibilities. Unfortunately, the same capacity of the mind, if misdirected or negatively influenced by doubt, also suggests potentially disempowering consequences. Many physical and mental illnesses are associated with disempowering stress that chips away at our biological systems, depletes our psychological resources, and weakens our ability to adjust to the demands of daily life. Given time, excessive stress can lead to serious tissue damage, organ dysfunctions, and even death. Almost every major category of illness can, in fact, be affected by psychological factors.

If disempowering mental factors—stress, conflict, fear, feelings of inferiority and inadequacy, to list but a few—can contribute to the initiation or exacerbation of illness, it would follow that the alleviation of negative stress and disempowering mental states could promote tissue repair and normal physiological functioning.

Even more exciting is the possibility of our actively intervening in ways that prevent illness and promote mental and physical well-being. With our growing understanding of the role of focused human intention to influence sub-cellular levels, the development of new techniques and programs of meditation and self-hypnosis can be expected to bring about dramatic progress in both preventative and curative medicine in the very near future.

The mind and body are in a state of constant interaction. Wellness programs are designed to tap into that interaction and influence it in ways that meet the goals of health and fitness. The psychic concept of wellness is based on the twofold premise that 1) inner wellness resources exist in a form that can be mentally accessed and, 2) those resources are at a state of constant readiness to distribute wellness energies throughout the body.

Mind Body Interaction for Wellness

The following wellness activation program was designed to promote a dynamic mental and physical state conducive to wellness. Its central focus is the activation of the PK potential to infuse the body with wellness energy. Critical elements in the program are positive affirmations of personal well-being accompanied by related wellness imagery. The program requires a relaxed state and consists of six essential steps. Each step, however, can be altered to include additional affirmations required to specific wellness needs. Here's the program:

The Wellness Activation Program

Step 1. Settle back into a comfortable position and with eyes closed, slow your breathing and let yourself become increasingly relaxed by mentally scanning your body from your head downward as you let all tension dissolve away. Once relaxed, affirm:

I am, day-by-day, becoming a more confident, secure person. I am increasingly aware of my inner potential for wellness and well-being. The powers of my conscious mind are now merging with the hidden energies deep in my subconscious mind to influence my total being with vibrant health. I am now empowered with positive energy and new vigor.

Step 2. With your eyes remaining closed, envision a glowing wellness core as the empowerment generator situated in your body's central or solar plexus region. Affirm:

My potential for wellness centered at the luminous core of my being is now at its peak. I am fully permeated with the inner and outer glow of wellness.

Step3. Further activate the wellness core by envisioning an expansive, luminous field of energy surrounding it as you affirm:

The empowering wellness core at the innermost part of my being is now saturated with brilliant, healthful energy, pulsating with potential

and power.

Step 4. Mentally disperse wellness energy as rays of light throughout your body. Visualize your body enveloped in a glowing aura of wellness as you affirm:

My empowerment potential for wellness, now fully activated, is radiating powerful wellness energies through my total being. My mind and body are absorbing soothing, invigorating, and rejuvenating wellness. The glow of wellness now envelops my body as a brilliant aura of health and vitality.

Step 5. Imagine your circulatory system as a conveyor of powerful wellness energy. Mentally permeate the organs and systems of your body with the glow of wellness. Affirm:

I now direct wellness to each system, organ, and function of my body, strengthening and fortifying them with powerful energy.

Step 6. Conclude with the following affirmation:

By simply visualizing the luminous core of wellness energy within, I will become instantly empowered to disperse wellness throughout my total body and being.

The self-affirmations presented in this program are flexible and can be revised as needed to meet your personal preferences and specific

applications. They can be presented silently, or if you prefer, audibly.

Remember: *The sound of your own voice almost always increases the effectiveness of empowering affirmations,* unless you become so enamored by the sound of your own voice that you lose focus on the goals of the program. *It can happen to that "secret grand opera singer" within all of us.* The voice can be greatly empowered by the Throat Chakra, but it can also be so thrilling that you lose the focus on the intention of the words.

Wellness PK is a promising and developing field of personal empowerment. We now know that constricting PK to external conditions alone is both contradictory and limiting. Our personal empowerment rests largely on our commitment to liberate our thinking, eliminate constricted mind-sets, and embrace new possibilities, including those related to wellness and well-being.

PK and Rejuvenation

Possibly no other human developmental phenomenon is more complex than aging and its counteragent, rejuvenation. Physical, social, cultural, environmental, psychological, and psychical factors all interact to influence both aging and rejuvenation. Within that intricate interaction, the empowered self can emerge to assume a central role with the capacity to intervene and direct the interaction. *The self, once empowered, can slow the aging process and in some instances, reverse the effects of aging.*

The application of PK to rejuvenation suggests a state of empowered

control over physiology, including even those systems typically considered autonomous. Through the appropriate direction of our inner PK faculty, we can alter crucial aging variables and activate our rejuvenating potentials, thus restoring the natural flow of youthful energy and, in some instances, literally reverse the aging process.

The term *rejuvenation*, as used in psychic self-empowerment, implies the deliberate restoration of youth and vigor through self-intervention into the aging process. Psychic rejuvenation recognizes the aging effects of an array of negative mental states, among them anxiety, depression, hostility, and insecurity. Even more importantly, psychic rejuvenation emphasizes the constructive effects of positive mental states, along with the empowering capacity of those induced positives states to eliminate their negative opposites. Love, for instance, is one of the most empowering rejuvenation forces known. When present in the psyche, it neutralizes hate—its negative counterpart that is physically and mentally destructive and disempowering. Such positive states as self-confidence, self-esteem, and self-acceptance are both empowering and rejuvenating. They inject rejuvenating energies into the self system, eradicating those disempowering states which contribute to aging.

From the self-empowerment perspective, the application of PK to rejuvenation recognizes the following three important principles.

PK Rejuvenation Principles

1. Aging is primarily a physical-mental interactive phenomenon. Any alteration of aging must engage the mind's power to influence physiology.
2. Aging is a complex process with many influencing factors. Some of those factors, such as genetic makeup and biological dispositions, resist intervention and direct alteration. Others are psycho-social and highly receptive to the empowered self, thus allowing their functions to be altered or extinguished altogether. Equally important, new functions affecting aging can be introduced by the empowered self into the self system.
3. Any alternation of the psychosocial influences related to aging will invariably alter the underlying physiology associated with aging.

Together, these principles suggest several profound empowerment possibilities. First, the complex factors related to aging are clearly within reach of the empowered self. When we embrace the positive elements conducive to rejuvenation into the self system, the physical aging process is altered. Dominant aging forces are eliminated or minimized while dormant rejuvenating forces are activated and strengthened. As a result, the negative energies and interactions underlying accelerated aging are extinguished

altogether.

Rejuvenation PK

The extension of PK to include rejuvenation suggests the possibility of living younger, longer, and better while literally reversing the physical signs of aging. An exercise called Rejuvenation PK is designed to activate the body's rejuvenation potentials and unblock the flow of rejuvenating energies from the inside out. Developed in the labs at Athens State University, the exercise is similar to PK wellness approaches in that it involves empowering imagery and affirmations. Through Rejuvenation PK, physical functions, including those considered autonomic or involuntary, are linked to mental functions in a positive rejuvenating interaction. The results are actual and observable changes in the physical body. Here's the exercise:

The Rejuvenation PK Program

Step l. Relaxation. Physical relaxation sets the stage for PK intervention into the physical body's many functions. For this exercise, breathing is slowed and muscles are allowed to relax from the forehead downward as the following affirmation is presented:

> I am now fully in charge of my physical body. I am empowered to influence every function, mental and physical. All the rejuvenating energy of my being is now at my command.

Step 2. Stress Expiation. Relaxation procedures are intended to reduce stress, but even when stress is reduced, the residual wear-and-tear effects of stress can linger. The goals of stress expiation are:

a. to extinguish stress and all its residual effects, and

b. to infuse the physical body with positive, rejuvenating energy.

To achieve these goals, the physical body's systems and organs are visualized and mentally energized. This energizing process is accomplished by centering your full awareness on various body regions and mentally bathing them with glowing energy accompanied by the following affirmation:

Youthful, invigorating energy is now flowing through my body. All organs, systems, and functions are now fully revitalized. The wear-and-tear of stress is now replaced by the flow of youth and vigor

Step 3. Attunement and Balance. The goal of this step is to establish a state of mental and physical attunement and balance which are the most powerful rejuvenation forces known. With the body physically relaxed and the effects of stress expiated, an empowering state of full attunement and balance is possible through the Finger Engagement Procedure. This procedure is based on the premise that the complex functions of the mind and body seek not only balance but rejuvenation and efficiency as well. Beyond that, they seek simplicity. The Finger Engagement Procedure

meets that goal.

To implement the procedure, simply bring the tips of your fingers together and, with your eyes closed, imagine your hands as antennae for your brain. Imagine your left brain actively generating positive energy that flows into your right hand as the extension of that hemisphere. Next, imagine your right brain actively generating positive energy that flows into your left hand as the extension of that hemisphere. Allow the energies flowing into your hands and merging at your fingertips to engage in a powerful interaction that balances you mentally, physically, and spiritually. To end the exercise, disengage your finger tips and allow your hands to relax, palm sides up. Imagine your hands as your body's antennae to the universe as you affirm:

My total being is now fully balanced and attuned mentally, physically, and spiritually. The energies of youth are now unleashed to flow throughout my being. I am now at one, both within myself and with the universe.

It is important to note that, although left- or right-hemisphere dominance in brain functions is considered normal, balancing the functions of the two hemispheres increases the efficiency of both without affecting their functional asymmetry.

Step 4. PK Illumination. At this final step in Rejuvenation PK, the

rejuvenation process reaches its peak. PK Illumination is initiated by viewing a photograph of yourself at your youthful prime. If no photo is available, you can create one mentally which can be equally effective. Study the picture (either real or imagined), carefully noting your youthfulness, especially in your facial features. Now close your eyes and imagine yourself at your peak of youth standing, preferably unclothed, before a full-length mirror. Study your eyes and note the youthful gleam. Next, allow a colorful glow of rejuvenating energy to envelop your full body. While breathing slowly, soak in the colorful rejuvenating glow while affirming:

My inner powers of rejuvenation are now being unleashed to permeate my total being with the glow of youth and vigor. Every system within is now being revitalized with the infusion of rejuvenating power. Tired, worn tissue is being renewed with glowing youthfulness. Every function of my body is now fully infused as sparkling, youthful energy is absorbed into every cell and fiber. Surrounded by a colorful aura of rejuvenating energy, I am now secure in the present, bathed in vitality and the glow of youth. My inner rejuvenating powers are fully unleashed to flow freely throughout my total being. Each day, my mind and body will absorb the abundance of youthful energy that is constantly being unleashed within my being. Whenever I envision myself enveloped with

the colorful glow of radiant energy, I will become instantly invigorated and fully empowered.

These affirmations, which can be recited either silently or audibly, can be revised to fit your personal preferences or needs. A small, self-adhesive star or dot of color consistent with the rejuvenation glow seen enveloping your body during the exercise can be strategically situated—on a mirror or computer for instance—as a cue to promote the inner flow of rejuvenating energy.

The complete PK Rejuvenation procedure can be practiced daily or as often as desired to maximize its rejuvenation effects. You can use the star or dot at frequent intervals throughout the day to instantly infuse your mind and body with rejuvenation. With practice of this exercise, you will discover that relevant imagery and accompanying affirmations become a natural, spontaneous, and continuous function of the psychically empowered self.

Together, positive affirmations and empowering imagery form a powerful two-component system of wellness and rejuvenation. In that system, PK assumes a critical role as the essential vehicle for physical change and well-being.

CONCLUSION

NO!—There is never a final "Conclusion"—only More to Come!

PK is psychic empowerment in its most basic and material form. It provides dramatic evidence of the power of the mind to intervene into the physical world of matter and movement. As an empowering phenomenon, *PK meets the ultimate test: It enriches our lives and brings forth empowering change.*

Whether to promote wellness, stimulate healing, activate rejuvenation, or simply to influence external conditions or events, the PK faculty existing in everyone spontaneously maintains a state of readiness which is responsive to our personal and situational needs. We can enrich the empowering potential of that faculty through practice and experience. The result is an abundance of positive energy that can be maintained and expended as needed.

Psychokinesis is just one of many forms of psychic empowerment, but the developmental work on any psychic ability is developmental to all forms, and psychic development is growth-oriented and empowering to the Whole Person we are each becoming. "*To become more than you are*" is the mantra we can all sing for we are each in charge of our own destiny.

We are constantly evolving beings, growing in all dimensions: emotional, mental and spiritual, along with the application of "self-improvement" practices to our personal situation and to our physical bodies through new understanding of cellular functions and the subtle energies of our chakra system.

The Amazing “Phillip”

We left this “Amazing” case to follow after “More to Come” because it is a story that takes us beyond ordinary psychic experiences and lab experiments into the realms of exciting exploration and adventure.

The case of the "Amazing Phillip” is one you may be able to duplicate, as a sequel to the example experiments and developmental programs described previously. At the same time, a cautionary note should be introduced based on the Tibetan experiences of Madame Alexandra David-Neel who spent years studying spirituality and Buddhism. During the period of our interest she was living in a cave in Sikkim near the Tibetan border from 1914 to 1916, and traveled into Tibet itself in 1924 when its capital, Lhasa, was still closed to most foreigners.

She wrote more than 30 books about Eastern religions and philosophy, and her travel adventures over the period of 1890 to 1946. Our interest is in just one of her personal experiments based on the particular training disciplines of Tibetan Buddhism which combines Indian Buddhism with the shamanic “Bon” indigenous to the older Tibet.

Prominent in a monk’s training was the mental-psychic thought form creation of a *Yidam,* a personal companion somewhat like the real[1] “familiar” of pre-nineteenth century European Shamanic Witchcraft. The Yidam was modeled on *established* images of a deity and during very deep and

prolonged meditation the student visualized the deity to the point where it took on an objective reality, assumed the deity's own character and "intelligence," and accompanied the student as a kind of spiritual guide and helper wherever he went.

A similar but less intense and lengthy process led to the imagined creation of a thought-form companion not modeled on an established deity but an image of personal invention, called a *Tulpa*[2].

Madame David-Neel claimed to have created a tulpa in the form of a small jolly monk companion. Unlike a Yidam, the tulpa was not expected to become a separate entity able to be seen by others and act independently. This jolly monk slowly became less jolly and more "real" and disturbing to local villagers and other people. Eventually its creator had to destroy her creation.

In other words, thought has power and something imagined can take on degrees of objective reality. Sometimes, it can get out of hand. You always want to give such a thought-form a specific purpose and distinct timeline.

"Phillip" in Toronto

A group of investigators from the Toronto Society for Psychical Research set out to "create a ghost." Just like a fiction writer does, they invented a character and a background biography to go with him. They named their character "Phillip" and said he lived in a house called "Diddington Manor,"

in early seventeenth century England. He was married to a lady named Dorothea, but he fell in love with and had an affair with Margo, a beautiful Gypsy girl.

The angry wife, Dorothea, took revenge by accusing Margo of seducing Phillip by means of witchcraft. She was tried, convicted, and executed (burned at the stake). The distraught Phillip, consumed with guilt and grief, killed himself by leaping off the battlements of his manor house.

OK? It's a great story with no element of truth, except that there is a real Diddington Manor, and the group used pictures of it to help inspire their story, and then they placed the pictures around their séance room for atmosphere.

The psychic investigators next attempted to create Phillip through several months of séances in which they concentrated intently on Phillip and called for his spirit to manifest. Since there was no real Phillip, there was no spirit manifestation.

The group more or less gave up and had a bit of a going-away party, singing a few made up songs about Phillip, telling a few made-up stories about Phillip, and just *letting go* of their previous intensity. Lo and behold! There was a rap, and using a code for communication, Phillip's spirit manifested and detailed the fictional life story as his own. But, more than the fiction, the spirit gave details about the historic Cromwellian period in which the

fictional Phillip supposedly lived, and those details—previously unknown to any of the group members—proved historically accurate.

Somewhat like the Tibetan Tulpa or the European Witch Familiar, the so-called spirit of the fictional Phillip took on a degree of independence and secured information for the group directly related to his creation.

A fascinating adventure, proving *what?*

Well, there's more. As the reinvigorated séances continued, the paranormal phenomenon became more physical, and rather than raps, the table began to move about, and then to move independently of any contact with the group members—even climbing up a set of steps.

Normally we call such activity the work of a *poltergeist*—a rather distinct form of psychic phenomenon commonly believed to be the projection of energy from hormonally active, sometimes emotionally disturbed, teen-agers.

But here we don't have any hormonally active teen-agers, disturbed or otherwise. The whole story was a *mental* creation. And, note this: the physical movements of the table required much more physical energy—moving a heavy table up steps—than involved in the earlier reported lab experiments moving crumpled paper and a swinging bell.

This was a rather powerful PK, different from the usual table-tipping.

What can we learn from it?

Well, that's your assignment. If you put together a group to experiment

along these lines, we hope you will share the results with the Parapsychology Research Institute and Foundation at 210 West Main Street, Hartselle, AL 35640. You can become a volunteer investigator and contribute to the advancement of the new science of the paranormal.

Yours Is the Power, and Yours Is the Glory

Yes, science is bringing new understanding of matter and energy at the most microcosmic levels—sub-atomic and sub-cellular—but the revolution has just begun and like all true revolutions the call to action applies to everyone and not to just the few. It is not only the lone scientists who can enable this revolution in new health, new healing, new rejuvenation and regeneration, and new approaches to life extension and longevity, but it is you and the rest of us who have to actually carry the flag and mobilize against the status quo.

Government doesn't like change, the Regulators oppose change, Big Industry fights change, and Old Science resists change. However, you have the power to bring change about—but it comes from *inside*. It's not merely political and economic change that will bring the new science and new health and healing opportunities about, but the growth in awareness of your personal power and change in your personal belief that is the enabler.

Ultimately, these new opportunities for personal health and life extension are not dependent on new drugs or new nutritional supplements or amazing surgical interventions in body processes, but on core changes in your

consciousness and in the application of your own developing PK power.

Think about it!

If you can move external objects with your mind how much easier it must be to bring about *internal* change.

The new science will bring enabling understanding of the *internal* movements and changes in our *internal* subtle energy systems that are fundamental to health and long life. In the twentieth century alone, we nearly doubled average life expectancy. Yes, much of that came about because of better sanitation, improvement in child nutrition, education about sexual practices, prevention of disease and contagion, overcoming of superstition and religious oppression, and other social factors—but we have not overcome warfare mostly based on greed and religious conflict engendering power struggles among the various elites.

Changes in Consciousness

Changes in consciousness can overcome greed and conflict. *Changes in consciousness* can overcome superstition and oppression. *Changes in consciousness* can overcome resistance to education and open the ways to personal empowerment and to the belief in self-improvement that is fundamental to growth, development, and happiness. Your self-improvement is fundamental to the improvement of society, the environment, our civilization.

Changes in Consciousness will enable psychic empowerment so that you can deploy your PK power to bring about *internal* organ health and changes in energy flow involved in the new understanding of sub-atomic and sub-cellular processes leading to vast improvements in bodily health and life extension.

With greater understanding of consciousness itself, and our ability to direct change through interface with the sub-atomic physical world through our PK power, the potentials for the mind to relate to and work with other systems—mechanical, electrical and electronic, botanical, biological, and sub-atomic suggest new understanding of their nature, and new innovations to carry us far beyond the crude chemical and mechanical applications of our present time.

The Real New Age

We are genuinely entering a new age of vast opportunities for personal growth and self-improvement, but the power and the responsibility for their achievement is personal to each of us as well through the "group power" that can be available when brought under rational control.

Unfortunately, most people are still living only as emotional beings in physical bodies with little benefit from mind and spirit. Mind is necessary to the Whole Person, and only then can spiritual consciousness complete the evolutionary process at this very critical time. Use your mind to guide your

growing psychic empowerment and direct the application of your increasing PK power for health and success.

You have the power, and the glory will crown your realization of all that is possible with your fulfillment of all your potentials as a whole person.

You have the Power, and the Glory will be yours in your becoming the Whole Person you are destined to be.

Joe H. Slate

Carl Llewellyn Weschcke

More information on other forms and techniques of psychic development can be found in the book referenced below:

Slate, J. H., and Weschcke, C. L. *The Llewellyn Complete Book of Psychic Empowerment—A Compendium of Tools & Techniques for Growth & Transformation, Including "Journey of a Lifetime": A Self-Directed Program of Developmental Action*, Llewellyn, 2011.

Other Resources & Suggested Reading:

Austin, J., and R. Guiley. *ESP, Psychokinesis, and Psychics: Mysteries, Legends, and Unexplained Phenomena).* Checkmark Books, 2008.

Brennan, J. H. *Mindreach: How to Develop Your Personal PK Powers to Move Objects with Your Mind.* Aquarian Press, 1985.

Department of Defense: *20th Century U.S. Military Defense and Intelligence Declassified Report: Soviet and Czechoslovakian Parapsychology Research, Telepathy, Energy Transfer, ... the Paranormal, Psychokinesis (PK),* (CD-ROM), Progressive Management, 2004.

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Levitation (CD-ROM), (CD-ROM). Progressive Management, 2004.

Hewitt, William H. *Psychic Development for Beginners: An Easy Guide to Developing & Releasing Your Psychic Abilities.* Llewellyn, 1996.

McTaggart, L. *The Intention Experiment: Using Your Thoughts to Change Your Life and the World.* Free Press, 2008.

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———*Psychic Empowerment for Health and Fitness (Strategies for Success).* Llewellyn, 1996.

———*Rejuvenation: Strategies for Living Younger, Longer, and Better.* Llewellyn, 2001.

Slate, J. H. and Weschcke, C. L. *Psychic Empowerment for Everyone: You Have the Power, Learn How to Use It.* Llewellyn, 2009.

——— *Self-Empowerment through Self-Hypnosis.* Llewellyn, 2010.

———*Self-Empowerment through Self-Hypnosis: A Meditation & Guided Self-Hypnosis CD Companion.* Llewellyn, 2010.

World Spaceflight News: *21st Century U.S. Military Documents, Teleportation Physics Study: Analysis for the Air Force Research Laboratory of Teleportation of Physical Objects, ... Psychokinesis (PK), Levitation (CD-ROM).* Progressive Management, 2005.

1. By “real familiar” we are not referring to the pet companion (often a cat or crow) of many modern-day Witches and Wiccans, but to an energized thought form creation projected into some degree of objective existence.
2. A being or object created through visualization and focused intention out of projected etheric substance, sometimes appearing to ordinary physical sight.